

Your heart, your bloodline, your choice.

**A resource for Aboriginal health workers to
promote the link between diabetes and heart
disease.**



Government of **Western Australia**
Department of **Health**



The Your heart, your bloodline, your choice is an initiative of Diabetes WA, Heart Foundation (WA) and the Aboriginal Health Council of Western Australia and is proudly funded by the Department of Health, Western Australia.

The Resource

- Free, educational video resource for Aboriginal health workers
- Educate Aboriginal Western Australians about the link between diabetes and heart disease
- Explores the impact lifestyle factors have on disease progression
- Stimulate yarning



Background

Consultation workshops and correspondence with Aboriginal people and health professionals from across the state revealed that people wanted:

- The resource to illustrate what goes on inside the body during these disease processes
- Visual, non-written modes of delivery
- Focus on long-term behaviour change that acknowledges the role of family not just individual health
- Decided that USB's would be the best mode of delivery - allowing for reach across all parts of WA.



The People

- Narrator's story is based on an Aboriginal woman's personal experience of diabetes and heart disease
- Other quotes used are also experiences from Aboriginal people
- Aboriginal people in Perth and the Kimberley provided voice-overs for the animation



The USB

- The animation – scene by scene
- Supporting documents
 - About the resource
 - How to use the resource
 - Fact sheets
 - Top tips summary sheet
 - Lifescrpts resources
- Evaluation forms
 - Health worker
 - Participant



The DVD

- The animation – continual
- For use in waiting rooms



The Animation



To order you FREE copy of the resource visit:

www.dontignorediabetes.com.au

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